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# H. G. McCULLY UPSTATE CHAPTER 12

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Editor: Cheryl Abdus-Salaam

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## ***H. G. McCully Upstate Chapter 12 Installs New Officers***

On Friday, December 2, 2005, H. G. McCully Upstate Chapter 12 held their annual Chapter Assembly to install their new officers for 2006. The new President, Jeanine Shabazz, outlined her goals for the coming year. This year's theme is "Education is the Key to Lead and Succeed". In 2006, we would like to concentrate our education efforts for all ages, including newborns through seniors.

The goal is to continue with last year's efforts towards improving education for all communities. Some of our projects will include, Read to Me (a program designed to reach newborns and literacy at risk parents, stressing the importance of reading to children from birth and throughout childhood), other projects are Project Connect, Verizon Reads, and Seniors Connect (introducing seniors on general use of computers).

Also installed were: Joyce Peterson, First Vice President, Barbara Hamilton, Senior Life Member Representative, *continued on page 2*

## ***What's happening in your neck of the woods.....***

**Working to Aid communities here and those who are temporarily away from their homes....**

There are several events to help aid Hurricane Katrina victims: A Christmas party was held, Newark donated money toward gifts for the children and PPR has an Easter Egg Hunt planned at the Cathedral in Paterson.

The following is just a few of the many projects our Pioneer volunteers have been involved in:

### ***Troop Aid***

Below is a photo of some of our troops who are stationed in Iraq opening packages that have been collected by the members of all Councils. If you are interested in participating or learning more about the program and how to donate items for shipment to our troops, please contact PPR President, Lauren Cucuzza at 973-408-8589 or you can reach her by email at [lauren.cucuzza@verizon.net](mailto:lauren.cucuzza@verizon.net)

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**H. G. McCully Upstate Chapter 12 Installs New Officers** (cont'd)

and Bruce Yennie, Junior Life Member Representative. The Chapter also installed Brian Hester as Second Vice President via a conference call. Brian was in Louisiana working to restore phone service to the areas hard hit from the devastating hurricanes.

Incoming Council Presidents include: Lauren Cucuzza, Dorene DeWitt, Mary Jenkins, Rachel Keenan and Leonore Dickenson. Life Member Club Presidents include: Marge Sellen, Judy Tibenszky, Barbara Phipps, Emil Brandes and Margaret Rush.

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**Heart Awareness for Women.....**

The Pioneers sold Red Dress Pins for Women's Heart Awareness Day on Friday, February 3rd. All proceeds went to the American Heart Association. The National Heart, Lung, and Blood Institute (NHLBI) created and launched the Red Dress as the national symbol for women and heart disease to inspire women to take action to protect their heart health.



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**Blood Drives**

There have been several Blood Drives during the month of February held in Madison, Lincoln Park and Totowa. We all expect blood to be there for us, but only a few of those who can give, do. These blood drives help neighbors in need, and disaster victims (earthquakes, floods, fires, and storms).

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**Environmental Essay Contest**

An Environmental Essay Contest will be held from March 1 through March 31, 2006. Each Council will choose a participating school. Contest will be open to 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> graders. Two winners will be chosen from each Council. All winners will receive Geoffrey dollars as their prize.

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**Life Member Projects**

Our Life Members are retired former Verizon employees who were active pioneers. Below is just a few of their accomplishments this year:

Essex: Delivered Be-My-Baby baskets to Columbus Hospital and also collected and donated clothing for shelters.

Hackensack-Englewood-Hudson: Stuffed heart pillows for patients who have recently gone through surgery.

Morristown: Held a Baby Shower, donations will go in Be-My-Baby baskets for those in need.

Warren: Bookmark workshop - Bookmarks are made from stickers, coupon clippings, magazines, etc. and sent to libraries for their use.

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**Bookmarks Project**

The Warren Life Member Club members make bookmarks by cutting out pictures from magazines, catalogs, newspapers and sometimes, stickers. This project was suggested by Joan Dinger who had heard of a similar project.

Joan purchased a laminating machine and a Warren Life Member Club TelecomPioneers stamp and held a workshop. The first two workshops brought the members together for two days of fellowship and produced 135 bookmarks! These bookmarks were delivered to the Hackettstown Public Library's Children's Unit and the Warren County Library in Independence Township.

This project is so popular that a workshop is held monthly. The Club would like to eventually place a bookmark with each book distributed by the Seasons Readings and Verizon Reads programs. For more information on attending a workshop or having your own, contact Johan Dinger @ (908) 852-2364 or your local Life Member Representative.

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## VISIT THE E-STORE

H. G. McCully Upstate Chapter 12 is selling 'End Domestic Violence' bracelets in the E-Store for \$2.00. You can purchase these bracelets along with other items such as t-shirts, socks, collectibles, and gift certificates. Log on today!  
<http://www.verizonpioneers.org/Estore.htm>

H. G. McCully Upstate Chapter 12 has partnered with [flowerpetal.com](http://flowerpetal.com). The Pioneers will receive 12% of your purchase when you buy flowers at [flowerpetal.com](http://flowerpetal.com). Log on at:  
<http://verizonnorthjerseypioneers.flowerpetal.com>

## CALENDAR OF EVENTS

### WALKAMERICA (MARCH OF DIMES)

SUNDAY, APRIL 30, 2006

CHECK -IN TIME 8 A.M.; START AT 9 A.M.

H.G. McCully Upstate #12 will be walking in Brookdale Park, Bloomfield, NJ. This walk is 5 miles.

### FLOWERING PLANT SALE

175 PARK AVENUE, MADISON, NJ

MAY 4<sup>TH</sup> AND MAY 5<sup>TH</sup>, 2006. 9AM UNTIL 3PM

Spring flowering plants to beautify your living space. Contact Michele Freeman @ 973-649-5053 for more information.

### 15<sup>TH</sup> ANNUAL LAS VEGAS GET-A-WAY

TREASURE ISLAND HOTEL, LAS VEGAS, NV

JUNE 11 THROUGH JUNE 16, 2006

Contact Byram Travel @ 973-347-8800 or Ken Cerni @ 16 Lauren Court, Stanhope, NJ 07874 for more information.

### CHARITY GOLF OUTING

BEAR BROOK GOLF CLUB, RTE 94, NEWTON, NJ

JULY 19, 2006 8 AM SHARP!

This is a 10 year tradition. Each year approximately 150 golfers play to raise money for a local charity with some monies being distributed to the Chapter's charitable account. Contact Rick Ricca @ (973) 773-9908 for more information.

## A Brief Description of Some of our On-going Projects

**Build-A-Ramp:** Upstate Chapter 12 has built ramps for people in need. These ramps allow people to regain their independence and give them the mobility to be able to leave their homes with little or no assistance, especially those who are wheelchair bound.

**Coastal Clean Up:** Upstate Chapter 12 has partnered with other Chapters to aid in cleaning up New Jersey beaches. Tom Tissot, along with hundreds of volunteers have cleaned the beaches of Seaside Park, Seaside Heights and for the past 7 years the beaches of Sandy Hook National Park.

**911 Simulator:** Pioneer, Doug Nearpass and his puppet friends teach school children how to use Verizon's 911 phone system. The 911 Simulator was the signature project for former Pioneer President Lynette Singleton and Upstate Chapter 12.

**Food and Clothing Distribution:** Food and clothing are collected and donated throughout the year for those in need.

**Project:Connect** features a series of interactive games for 4<sup>th</sup> through 7<sup>th</sup> graders. Each features free classroom-ready internet access, Windows and Mac compatibility, and availability in English and Canadian French. It contains:

- A student-friendly user guide with built-in instructions on how to play the game.
- A facilitator guide featuring detailed step-by-step instructional procedures keyed to content learning objectives and national education standards.
- A technical glossary and integrated instruction and game simulation approach.
- On-screen "gurus" that feature the pioneers of telecommunications technology, providing help your students can understand.

If you are interested in having ProjectConnect delivered to your school or club, please contact Lynette Singleton at [lynette.c.singleton@verizon.com](mailto:lynette.c.singleton@verizon.com) or call (973) 266-9389 or Cheryl Abdus-Salaam at [cheryl.abdus-salaam@verizon.com](mailto:cheryl.abdus-salaam@verizon.com) or call (973) 649-4057.

## ***DID YOU KNOW.....***

Not only does NJ have a state flower (originally, *Viola sororia* - but later the common meadow violet) but we also have a state bug! In 1974, the honeybee (*Apis mellifera*) became the state bug. So give the next bee you see a big state salute - but don't get stung!

There are more than 34,000 miles of highways and roads to cruise along in New Jersey. This includes 148 miles of the New Jersey Turnpike and 173 miles of the Garden State Parkway.

We don't call New Jersey "the Garden State" for nothing-over 150 types of fruits and vegetables are grown here! In 1997, there were 9,400 farms in New Jersey. The state ranks high in cultivated and fresh market produce output for the United States: second in blueberries and eggplant, third in cranberries, peaches, spinach, and bell peppers, fourth in asparagus, and fifth in head lettuce.

## ***IN CASE YOU'RE EVER ASKED....***

***Q: What projects are the pioneers involved in?***

A: There are several on-going projects addressing the needs of our communities. Projects that encourage Education (Verizon/Season's Readings, Carpet Maps, Project Connect, 911 Simulator); Community Service (Troop Aid, Ramps, Camp Clean-up, Food Pantry); Environmental (Tabs for dialysis treatment, Outings, Beach/Park Clean-up); Entertainment (sponsors activities for family and friends)

***Q: What areas does H. G. McCully Upstate Chapter 12 cover?***

A: H. G. McCully Upstate covers the following areas: Hackensack, Englewood-Hudson (Rachel Keenan, President); Essex (Mary Jenkins, President); Morristown (Dorene DeWitt, President); Newark (Leonore Dickenson, President); Paterson-Passaic-Ridgewood (Lauren Cucuzza, President).

***Q: How does one sign up to become a pioneer?***

A: If you know someone who is interested in becoming a Pioneer they can sign up at:

[www.verizonnorthjerseypioneers.org](http://www.verizonnorthjerseypioneers.org)

## ***Health Consciousness***

***Is Laughter really the best medicine?***

Laughter, along with an active sense of humor, may help protect you against a heart attack, according to a new study by cardiologists at the University of Maryland Medical Center in Baltimore.

*"When we laugh, natural killer cells which destroy tumors and viruses increase, along with Gamma-interferon (a disease-fighting protein), T-cells (important for our immune system) and B-cells (which make disease-fighting antibodies). As well as lowering blood pressure, laughter increases oxygen in the blood, which also encourages healing."* "Science of Laughter" Discovery Health Website

Laughter not only provides stress release and exercise, but reduces pain as well. Laughing triggers the release of endorphins, which are the body's natural painkillers, and provides a temporary distraction from pain. The endorphins released during laughter have proven to help reduce the pain and symptoms of arthritis and enhance treatments of many illnesses and diseases. In some hospitals, doctors read one-liners to patients after surgeries and during treatments because they find improvements in the health of these patients as opposed to those not exposed to humor (see [http://www.holistic-online.com/Humor\\_Therapy/humor\\_therapy\\_benefits.htm](http://www.holistic-online.com/Humor_Therapy/humor_therapy_benefits.htm)).

[www.verizonpioneers.org](http://www.verizonpioneers.org)

[www.telecompioneers.org](http://www.telecompioneers.org)

Or they can contact Monique Hargrove at (973) 649-6011 or at [monique.c.hargrove@verizon.com](mailto:monique.c.hargrove@verizon.com).

***Q: How can you volunteer to work on a project?*** If you are already a Pioneer and would like to sign up to work on a specific project, please visit the websites above or contact Monique Hargrove at the above email address or contact number.



*We want to keep in touch with you!*

If you have recently retired, moved, changed your name, or if you know of someone who has,  
Please contact us at:

**Verizon TelecomPioneers - H. G. McCully Upstate Chapter 12**  
**650 Park Avenue**  
**East Orange, NJ 07017**  
**973-678-9273 or 973-678-9294**  
**Fax: 973-678-9351**

H. G. McCully Upstate Chapter 12 located in Northern New Jersey. Our Councils and Life Member Clubs cover an area from High Point at the northern tip of New Jersey to the southern end at Newark, east to New York and the Atlantic Ocean and west to Pennsylvania.

H. G. McCully Upstate Chapter 12 has been in existence for more than 70 years. Our active members and Life Members are well known volunteers meeting a variety of community needs, with special emphasis on education and the environment. The Pioneers of H. G. McCully Upstate Chapter 12 look forward to welcoming new members and working alongside our Life members on a wide variety of projects. There is something for everyone in H.G. McCully Upstate Chapter 12! For project information, e-mail Jeanine Shabazz, President: [jeanine.a.shabazz@verizon.com](mailto:jeanine.a.shabazz@verizon.com)

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**Warren**

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